

## Maharshi Patanjali's Yog Philosophy

### THE 10 COMMANDMENTS

#### YAMA-NIYAMA

The recipe for an upgrade ...from Social Animals to ...Humans / Social Beings

#### YAMA (disciplines)

- 1) **NON-VIOLENCE** (अहिंसा, *Ahimsaa*): We shall not hate, dislike or be jealous of any living being in thoughts, speech and actions.
- 2) **TRUTH** (सत्य, *Satya*): We shall be truthful at-all-times.
- 3) **NON-STEALING** (अस्तेय, *Asteya*): We shall not take other's belongings, copy other's works without due permission.
- 4) **CELIBACY** (ब्रह्मचर्य, *Brahmacharya*): We shall live in harmony with the Creation, to study the Scriptures & not to waste the deep-seated life / emotional energy of biological desires, uphold conjugal fidelity.
- 5) **NON-HOARDING** (अपरिग्रहः, *Aparigraha*): We shall not pile up things beyond legitimate needs; we shall not to be self-boasters, greedy and selfish.

#### NIYAMA (Rules)

- 6) **CLEANLINESS** (शौच, *Shaucha*): We shall uphold both internal and external cleanliness, i.e. purity.
- 7) **BE CONTENT** (सन्तोष, *Santosha*): We shall exert with full might - full physical & mental aptitudes for our living, protection and growth, and be satisfied with the gains and attains.
- 8) **RESILIENCE** (तपः, *Tapa*): We shall ever be level-headed - remain calm and composed in cool & warm weather; hunger & thirst; losses & gains; blame, disrespect, criticism & praise, appreciation; and sorrow & joy.
- 9) **WIDENING OUR KNOWLEDGE HORIZON** (स्वाध्याय, *Swadhyaya*): We shall constantly increase our knowledge (both mundane & spiritual) and dispel ignorance. We shall be attentive in the study of the Scriptures & related literature and contemplate over as to "Who are we? Where do we come from? Why and for what? After Self-realisation, we shall contemplate & meditate further to attain God-realisation.
- 10) **SURRENDER TO EESHVAR, GOD** (ईश्वरप्रणिधान, *Eeshvarpranidhaana*): We shall comply with Eeshvar's (God) directions, do nothing against the principles He has laid down. We shall respect the Creation; amongst others - respect nature, refrain from polluting the environment, make judicious use of natural resources

The Yama & Niyama are the do's and don'ts, empowering us to tread the path of *Dharma* (righteous living) for our own physical, moral/spiritual and societal progress, and a harmonious, healthy and dignified life.

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